What is claimed is:

1. A check valve for a hydraulic chain tensioner comprising:

a) a substantially cylindrical body having a first aperture at one end and a second aperture at an opposite end, the first aperture of the cylindrical body for connecting the hydraulic chain tensioner to a pressurized fluid source and a third aperture which allows pressurized fluid to flow out of the hydraulic tensioner;

b) a first ball seated in the first aperture and a second ball seated in the second aperture;

c) a spring located between the first ball and the second ball, biasing the first ball to seat and block fluid from returning from the hydraulic chain tensioner to the pressurized fluid source.

2. The check valve of claim 1, wherein the second ball has a larger diameter than the first ball.

3. The check valve of claim 1, wherein the second ball is locked into place in the second aperture of the cylindrical body by interference.

4. The check valve of claim 3, wherein the second ball is press-inserted into a seat formed in the inside surface of the side wall of the substantially cylindrical body.

5. The check valve of claim 1, wherein the second ball is locked into place in the substantially cylindrical body by folding the edges of the substantially cylindrical body over the second ball.

6. The check valve of claim 1, wherein the substantially cylindrical body comprises a side wall and a cylindrical base wherein the first ball is housed.

7. The check valve of claim 6, wherein the side wall of the substantially cylindrical body is a continuous wall, and the third aperture comprises a hole in the continuous wall.

8. The check valve of claim 6, wherein the side wall of the substantially cylindrical body is comprised of a plurality of sectors evenly distributed along the base and the third aperture is space between sectors. .

9. The check valve of claim 1, wherein the first ball and the second ball are made of ball-bearing steel.